

7-Day Red Centre Australia Itinerary: Uluru Sunsets, the Field of Light & Kings Canyon's Rim Walk

Australia's Red Centre — Uluru, Kata Tjuta, Kings Canyon, and Alice Springs — is the country's spiritual and geological heart. This 7-day loop covers three signature moments: sunset over Uluru from the Talinguru Nyakunytjaku viewing platform, Bruce Munro's 50,000-bulb Field of Light installation glowing across the dunes, and the steep, rewarding climb of the Kings Canyon Rim Walk past the Garden of Eden. Real hotels, real tour operators, and real 2026 prices throughout — from AAT Kings coach transfers to Ayers Rock Resort's Sails in the Desert.

DURATION	BEST TIME TO GO	FROM
7 Days	May–September dry season, cool desert nights	\$2,075 USD / person for 2 people

Day 1

Arrive at Uluru, First Desert Sunset

Fly into the Red Centre's only nearby airport and ease into the outback with the ritual most first-timers remember best: watching Uluru shift through red, orange, and violet as the sun drops.

Fly to Ayers Rock Airport (AYQ) About 3.5 hours from Sydney/Melbourne · From approx. \$220–420 AUD one-way, seasonal Qantas and Jetstar run the only direct flights into the Red Centre's small desert airport, 15 minutes from Yulara. Most other itineraries connect through Sydney, Melbourne, or Alice Springs. Jetstar · Qantas
Sails in the Desert, Ayers Rock Resort From \$595 AUD/night (Superior Room) · Deluxe Suite from \$1,195 AUD The flagship five-star hotel at Ayers Rock Resort in Yulara, with a sail-shaped shade canopy over the pool deck and Uluru visible from the upper-floor rooms. ayersrockresort.com.au · Reservations +61 1300 134 044
Uluru Sunset Viewing — Talinguru Nyakunytjaku ~45 minutes · Free with park pass A raised viewing platform 5km east of the rock, purpose-built for sunset, with uninterrupted views of both Uluru and Kata Tjuta as the light changes.

Day 2

Sunrise, the Uluru Base Walk & Sounds of Silence

The base walk is the best way to understand Uluru up close — waterholes, rock art, and Anangu stories the lookout photos never show — followed by a bush-tucker dinner under some of the darkest skies in Australia.

Uluru Sunrise Viewing — Talinguru Nyakunytjaku

~45 minutes, before 7am in winter · Free with park pass

The same platform as sunset, working in reverse — arrive 30 minutes before official sunrise to claim a spot as the rock catches first light.

Uluru Base Walk

10.6km loop · ~3.5 hours · Free with park pass

A flat, shaded circuit around the entire rock, passing the Mutitjulu Waterhole, rock art panels, and signed Tjukurpa (creation-story) sites. Start early to beat the heat.

· Park pass \$38 AUD/adult, 3 days, under 18 free

Cultural Centre

~1 hour · Free

Anangu-run centre near the base-walk trailhead explaining Tjukurpa law and bush foods; sells dot paintings made by local artists through the Maruku Arts collective.

Sounds of Silence Dinner

~3 hours, sunset start · From \$290 AUD/adult, \$145 AUD/child (10+)

A three-course bush-tucker buffet — kangaroo, barramundi, native pepperberry — served on a dune overlooking Uluru and Kata Tjuta, followed by a guided star talk.

· ayersrockresort.com.au

Day 3

Kata Tjuta's Valley of the Winds & Field of Light

A cooler, quieter counterpart to Uluru — 36 domes sacred to the Anangu — followed by one of the most photographed art installations on Earth.

Kata Tjuta: Valley of the Winds

7.4km full loop · ~3–4 hours · Free with park pass

Threads between the 36 red domes of Kata Tjuta (The Olgas) to two lookouts, Karu and Karingana. The full loop closes if the forecast tops 36°C, so start at first light.

Uluru Camel Sunset Tour

~1.5 hours · From \$175 AUD/person (age 5+)

A camel-string ride out to the dunes for sunset views of Uluru and Kata Tjuta together, a few minutes' drive from the resort.

· Uluru Camel Tours

Field of Light Star Pass

~2–3 hours, sunset start • From \$137 AUD/adult, \$87 AUD/child

Bruce Munro's 50,000-bulb solar light installation spread across seven football fields of desert, viewed with canapés and sparkling wine or beer. General admission without drinks runs from \$50 AUD/adult, \$39 AUD/child.

· ayersrockresort.com.au

Day 4

Drive to Kings Canyon

The Red Centre's classic road link, along the Lasseter Highway and Luritja Road through spinifex plains and low ranges into Watarrka National Park.

Self-Drive or Coach Transfer to Kings Canyon

~305km • ~3.5 hours each way

A sealed two-lane highway the whole way; hire cars are available at Ayers Rock Airport, or join a coach itinerary such as AAT Kings' Kings Canyon, Uluru and Kata Tjuta tour.

· AAT Kings

Kings Canyon Resort (Discovery Resorts)

Hotel rooms, cabins & powered camp sites

The only accommodation inside Watarrka National Park, 8km from the Rim Walk trailhead, with a pool deck looking out over the George Gill Range.

discoveryholidayparks.com.au • +61 8 8956 7442

Kathleen Springs Walk

2.6km loop • ~1.5 hours • Easy, wheelchair accessible

A gentle, flat afternoon walk to a permanent spring at the head of a historic cattle-station gorge — a good warm-down after the drive and a preview of tomorrow's bigger walk.

Day 5

Kings Canyon Rim Walk to Alice Springs

The Red Centre's most demanding and most rewarding walk, tackled at first light before the long drive on to Alice Springs.

Kings Canyon Rim Walk

6km loop • ~3–4 hours • Moderate–challenging

A steep initial climb (nicknamed "Heart Attack Hill") onto sandstone domes known as the Lost City, then down into the Garden of Eden waterhole before circling back along the canyon's sheer north wall. Gate closes after 9am if the forecast tops 36°C, so start by sunrise.

Drive to Alice Springs

~300km via Ernest Giles Rd/Stuart Hwy • ~4 hours

The final road leg east into Alice Springs, Central Australia's only city, arriving by mid-to-late afternoon.

DoubleTree by Hilton Alice Springs

Central, on the Todd River

A comfortable mid-range base a short walk from Todd Mall's galleries, restaurants, and Sunday markets.

· hilton.com

Day 6

Alice Springs & the West MacDonnell Ranges

A full day split between the town's outback history and one of Central Australia's most scenic drives.

Anzac Hill Lookout

~30 minutes · Free

A short drive or walk up to the war memorial for a 360-degree view over Alice Springs, the Todd River, and the MacDonnell Ranges — best at sunrise or sunset.

Royal Flying Doctor Service & Alice Springs Desert Park

~3 hours combined · From \$40 AUD/adult (Desert Park)

The RFDS visitor centre tells the story of outback medicine; the Desert Park's nocturnal house and free-flight bird show cover the Red Centre's ecology in one stop.

West MacDonnell Ranges Half-Day Tour

~4 hours · From \$130 AUD/person

Simpsons Gap and Standley Chasm, the two most accessible gorges in the West MacDonnells, where narrow red-rock walls glow at midday sun.

· northernterritory.com

Todd Mall

Self-guided

Alice Springs' pedestrian heart, lined with Aboriginal-owned art galleries; the Todd Mall Markets run on selected Sunday mornings.

Day 7

Alice Springs & Departure

A relaxed final morning before flying out of Central Australia's only airport.

Alice Springs Telegraph Station Historical Reserve

~1.5 hours · Free entry to grounds

The original 1872 Overland Telegraph repeater station and the site the town grew up around, now a historic reserve with walking trails along the usually-dry Todd River.

Todd Mall Shopping

Self-guided

Last chance for dot paintings, opals, and Central Australian souvenirs before departure.

Depart Alice Springs Airport (ASP)

Direct flights to Sydney, Melbourne, Adelaide, Darwin

Qantas and Virgin Australia both fly direct from Alice Springs to the eastern capitals; allow the standard domestic check-in window.

· alicespringsairport.com.au